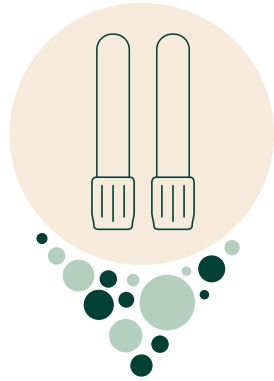




Please note:
When you are ready to collect your sample, it's essential that you activate your test using your unique barcode. This can be done online at www.myhealthchecked.com/activate-kit/bloods
WE CAN'T PROCESS YOUR SAMPLES IF IT HASN'T BEEN ACTIVATED.



Instructions for use

Blood kit for home use (x2 tubes)

Scan QR code to activate your kit



Warnings and precautions

- This kit is designed for use by people aged 18 and over only.
- For persons with bleeding or clotting disorders, those taking anticoagulants, immunosuppressive drugs, or undergoing chemotherapy, this kit should be used with caution and under the clinical guidance of a healthcare professional.
- Do not affix the label to the blood collection tube until after you have collected your sample.
NOTE: you will not be able to see how much blood you have collected if the label covers the tube.

Please note samples arriving at the laboratory which show evidence of the following will not be processed:

- Leaking sample/insufficient blood sample volume in the collection tube
- General damage
- Sample instability
- Samples arriving at the laboratory which show signs of degradation (eg: haemolysis)

Please note

- Some medicines or medical products may be considered interfering substances for certain biochemical or immunoassay investigation.
- Where appropriate, out of range, abnormal, or positive test results deemed to be clinically significant should be confirmed with a confirmatory venous blood sample.

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care@myhealthchecked.com
www.myhealthchecked.com

CE Marking Limited
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City Gate, Mahon,
Cork, Ireland
info@cemarking.ltd



Intended use

This kit is designed for adults (aged 18 and over) for the collection of capillary blood samples to be performed at home. These samples are then returned to a laboratory and analysed against a variety of biomarkers. This kit alone is not suitable for diagnosis, and it is not a substitute for a consultation with a healthcare professional. **Please note that you should always seek advice from your doctor before starting any treatment.**

Getting your blood test results

When your samples have been processed and reviewed by our doctor, you'll receive an email to say your results are ready. This is usually within **48-72 hours** of your samples arriving at our laboratory.

To view your results go to:
www.myhealthchecked.com/login
and then click on **My Results**.

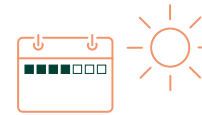
Please check that the kit contains all of the items listed alongside. Do not proceed with the sample collection if any component is missing. Please email care@myhealthchecked.com immediately for a replacement kit.

Please check your kit contains:



- 4 x Lancets
- 4 x Alcohol wipes
- 4 x Plasters
- 1 x Blood collection tube with gold cap
- 1 x Blood collection tube with lavender cap
- 2 x Barcode labels
- 1 x Specimen transport bag with absorbent pad
- 1 x Return postage bag with prepaid label
- 1 x Instructions for use leaflet

Top tips for blood collection before you start



Collection Mon-Thurs

You must collect your samples in the morning between Monday and Thursday and post them on the same day.

This ensures your samples are not delayed in the post which will impact stability of your samples and our ability to provide your test results.

Do not collect or return your samples on a weekend or bank holiday as there will be postal delays.



Well hydrated

To ensure you can collect both blood samples, you need to be well hydrated. Please drink a large glass of water at least 30 minutes before performing your test. For your blood collection, gentle exercise can also help to increase blood flow to your fingers.



Clean & soak hands

Wash your hands with soapy water and dry with a clean towel. Then, lay your kit out on a clean table. Put your whole non-dominant hand in warm water for 2-3 minutes. Your fingers should be slightly dimpled. Then dry your hand with a clean towel.



Middle or ring finger

The best location for collecting a finger prick sample is from the side of your middle or ring finger. Avoid using the thumb, index and little finger.

It is essential that you read all of the instructions before beginning your sample collection. If you are unsure or require additional guidance please visit the 'help' page on our website or watch our 'how-to' video by following this link: www.myhealthchecked.com/help/videos/blood2

Activate your test

Instructions for use

1 Activate your test online at www.myhealthchecked.com/activate-kit/bloods

before collection. You must post your samples on the same day as you collect them.

NOTE: If you are helping someone else collect a sample for testing, please ensure the details completed are for the person whose sample is being returned to the laboratory. **Please ensure**

you have read and understood the instructions for use before collecting your sample.

Collecting your gold and lavender tube blood samples

2 Complete the information required on the specimen transport bag

Using a ballpoint pen complete with the following details:

First name, Surname | Date of birth | Gender at birth | Date and time of sample collection

3 Remove the small, gold top of the blood collection tube by applying gentle pressure in an upward direction. Place the collection tube into the circular cut-out inside the box whilst you collect your sample.

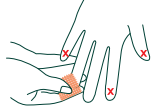


4 Twist the blue lid on the top of one of the safety lancets.



The safety lancet is now ready to use.

5 Using the alcohol wipe, clean the tip of the selected finger. Ensure the finger is completely dry to ensure a successful collection. **NOTE: blood will not form a droplet if the finger is not completely dry.**



Please collect your sample for the gold tube first

Please collect your sample for the gold tube first, because the lavender tube is sensitive to clotting.

6 Position the safety lancet on the side of the selected finger, holding against the skin firmly. The lancet will activate in one step, only when positioned and pressed firmly against the skin until a click is heard. Push the safety lancet into the selected location on your finger. This will puncture the skin and a small drop of blood will form. Gently apply pressure to the area surrounding the puncture site to encourage the blood to flow.



7 Discard the first drop of the blood by wiping it away with a clean tissue.

8 Position the finger over the collection tube to enable blood to drop into the blood collection tube. Holding your hand/arm downwards, firmly massage your hand down to the finger without squeezing the blood to flow until the blood reaches the upper fill line on the tube. This line is the minimum amount required, should you need to repeat the process again to help obtain enough blood, use the remaining lancet. **PLEASE NOTE: each lancet is for single use only.**

9 Once you have filled the tube up to the top fill line, stop collecting. Clean your finger with a moist wipe, dry it with a tissue and apply the supplied plaster to stop the bleeding. Then push on the cap of the blood collection tube securely, until you hear an audible click to confirm closure.



10 Gently turn the tube upside down at least 10 times.

2nd Proceed with the lavender tube

11 Remove the small, lavender top of the blood collection tube. Place the collection tube into the circular cut-out inside the box whilst you collect your sample.

12 Using your lavender tube now follow the blood collection process in steps 4-8 above. **PLEASE NOTE: to prevent clotting, swirl the tube after each drop, ensuring the blood touches the side.** Then proceed to step 13.

13 Repeat step 9 with the lavender tube, filling the tube up to the 500 line. This is the minimum amount of blood required.

Packing your samples for return

14 Please ensure your gold blood collection lid is labelled with the gold lid barcode

and your lavender blood collection lid is labelled with lavender lid barcode.

NOTE: This is very important as unlabelled samples cannot be accepted.



Record your unique gold barcode number below:

Record your unique lavender barcode number below:

15 Make sure both blood collection tubes are labelled using the appropriate barcode labels supplied. When labelling your tube, stick the centre of the sticker on the tube and bring the ends together to stick them like a flag.



16 Place your blood samples in the specimen transport bag.



Seal the bag following the instructions on the bag.

17 Put the specimen transport bag (containing your samples) back inside the original box. Then place it inside the prepaid postage bag provided and return via any Royal Mail postbox. To track your samples' return to our lab, please make a note of the Royal Mail tracking number below. So you can track their journey via www.royalmail.com/track-your-item

Please do not take or post your samples on a weekend or a bank holiday.

Your 13 digit tracking number (ignore the #)



Before returning your samples, complete the important return checklist

Before you return your samples, please ensure the following is done:

- Kit activation is complete
- The blood collection tubes are labelled
- The blood collection tubes are placed into the specimen transport bag, sealed, and placed inside the collection kit outer box
- The collection kit outer box is firmly closed
- The collection kit outer box is placed into the return postal bag
- You have taken a note of your postal tracking number and barcode number
- You're now ready to seal the envelope. Please store at room temperature until posted

Please fully complete your activation. **NOTE: if we do not receive fully activated and labelled samples, we will not be able to process your test.**

Please return your samples to our laboratory (on the same day you have collected your sample) between Monday and Thursday, and post it immediately using a Royal Mail postbox.

If you require assistance, please contact us at care@myhealthchecked.com and a member of our Customer Care Team will be able to help. Please have your barcode and Royal Mail tracking number to hand to enable us to assist you with ease.